

**AKADEMIK LITSEYDA O'QUVCHILARNING JISMONIY  
QOBILIYATINI OSHIRISH**

*O'zbekiston Respublikasi IIV Surxondaryo akademik litseyi*

*Jismoniy tarbiya fan o'qituvchisi*

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**Annotatsiya:** Mazkur maqolada akademik litsey o'quvchilarining jismoniy qobiliyatini oshirishning pedagogik, metodik va psixologik asoslari yoritilgan. Shuningdek, jismoniy tarbiya mashg'ulotlarini samarali tashkil etish, sog'lom turmush tarzini shakllantirish hamda zamonaviy sport texnologiyalaridan foydalanish masalalari tahlil qilingan. Tadqiqot davomida o'quvchilarning jismoniy rivojlanishiga ta'sir etuvchi omillar ko'rib chiqilib, amaliy tavsiyalar ishlab chiqilgan.

**Kalit so'zlar:** akademik litsey, jismoniy tarbiya, jismoniy qobiliyat, sog'lom turmush tarzi, sport mashg'ulotlari, pedagogik yondashuv.

**Аннотация:** В данной статье рассматриваются педагогические, методические и психологические основы повышения физических способностей учащихся академического лицея. Анализируются вопросы эффективной организации занятий по физическому воспитанию, формирования здорового образа жизни и использования современных спортивных технологий. В ходе исследования выявлены факторы, влияющие на физическое развитие учащихся, и предложены практические рекомендации.

**Ключевые слова:** академический лицей, физическое воспитание, физические способности, здоровый образ жизни, спортивные тренировки, педагогический подход.

**Annotation:** This article discusses the pedagogical, methodological, and psychological foundations for improving the physical abilities of academic lyceum students. It also analyzes the effective organization of physical education classes, the formation of a healthy lifestyle, and the use of modern sports technologies. During the research, factors influencing students' physical development were examined, and practical recommendations were developed.

**Keywords:** academic lyceum, physical education, physical ability, healthy lifestyle, sports training, pedagogical approach.

## **Kirish**

Bugungi kunda ta'lim tizimida yoshlarning nafaqat intellektual, balki jismoniy rivojlanishiga ham alohida e'tibor qaratilmoqda. Ayniqsa, akademik litsey o'quvchilari o'smirlik davrining muhim bosqichida bo'lib, ularning jismoniy rivojlanishi sog'lom hayot tarzini shakllantirishda muhim omil hisoblanadi.

Jismoniy tarbiya darslari o'quvchilarning sog'ligini mustahkamlash, chidamlilik, tezkorlik, kuch va epcillik kabi sifatlarni rivojlantirishga xizmat qiladi. Shu sababli jismoniy qobiliyatni oshirish masalasi dolzarb pedagogik muammo sifatida qaraladi.

## **Asosiy qism**

### **1. Jismoniy qobiliyat tushunchasi va uning ahamiyati**

Jismoniy qobiliyat — bu insonning ma'lum bir harakat faoliyatini samarali bajarish imkoniyatini belgilovchi individual xususiyatlar majmuasidir. U quyidagi asosiy komponentlardan iborat:

- Kuch
- Tezlik
- Chidamlilik

- Egiluvchanlik
- Muvozanat va koordinatsiya

Akademik litsey yoshidagi o'quvchilarda ushbu sifatlarni rivojlantirish organizmning tabiiy o'sish jarayoni bilan chambarchas bog'liqdir. Bu davrda to'g'ri tashkil etilgan jismoniy mashg'ulotlar yuqori samaradorlik beradi.

## 2. Jismoniy tarbiya mashg'ulotlarini samarali tashkil etish

O'quvchilarning jismoniy qobiliyatini oshirish uchun quyidagi pedagogik shart-sharoitlarga amal qilish zarur:

- Mashg'ulotlarning tizimli va muntazam tashkil etilishi
- Individual yondashuv
- Yosh va fiziologik xususiyatlarni hisobga olish
- Zamonaviy sport jihozlaridan foydalanish

Akademik litseylarda quyidagi sport turlaridan samarali foydalanish mumkin:

### Futbol



Futbol o'quvchilarda chidamlilik, tezkorlik va jamoaviylik ko'nikmalarini



### JUMP CUTS

**TARGETED POSITIONS**  
Running Backs  
Wide Receivers  
Tight Ends  
Quarterbacks

**SKILL OPTIONS**  
Hand Offs w/ QB (Ball Handling)  
Swipe At Ball Carrier w/ Shields

**EQUIPMENT**  
12 Cones  
Footballs (Optional)

**CONE OPTIONS**  
JUMP CUTS  
CONE DISTANCE  
3 Yards Between Start Cone & Drill Cone  
3 Yard Between Each Drill Cone

**COACHING EMPHASIS**  
**JUMP CUTS**  
1. Ball Security (5 Points of Contact)  
2. Head & Eyes Up (Vision)  
3. Change Of Gears Between Each Cone  
4. Pump Off Arm (Correct Running Form)  
5. One Foot Plant & Explosion Into Jump Cut  
6. Sprint Through The Finish

**PROCEDURE:** All participating athletes must begin in a position specific stance. The Runner must proceed through the cones using the Jump Cut Cone Option. The Jump Cut is a laterally explosive move that simulates eluding a pursuing defender. The Jump Cut drill is to be done explosively while maintaining body control, smoothness, and ball security. *Note:* Place emphasis on the outside plant foot while maintaining center of gravity, ball security, and North & South Shoulder Placement.

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### Spring Training

## FOOTBALL WORKOUTS

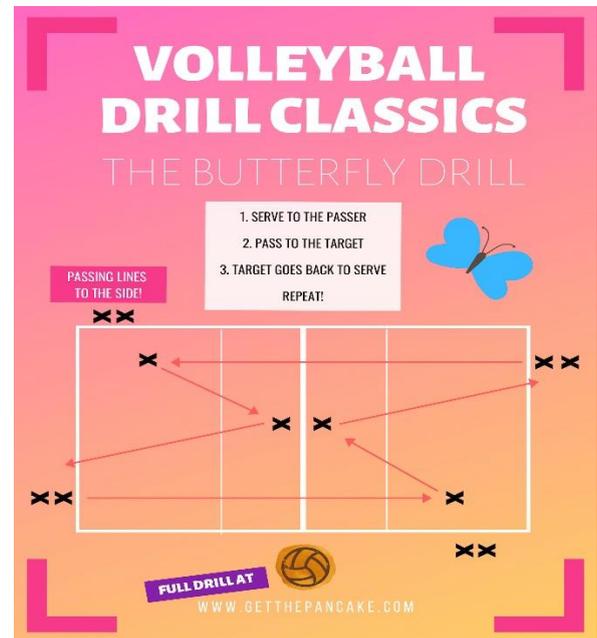
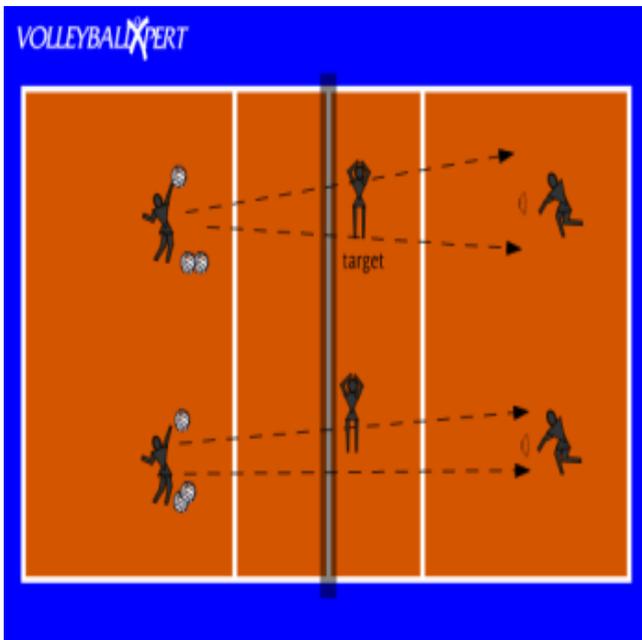
1. SPEED RUSH DRILL
2. BACK PEDAL & BREAK
3. LATERAL SHUFFLE SPRINT
4. LATERAL HIGH STEP & GO
5. QUICK PASS DRILL
6. SKATER JUMP TO SPRINT
7. MEDICINE BALL SHUTTLE
8. OVER-SPEED TO RESISTED SPRINT
9. RUN WITH RESISTANCE
10. SLANT & GO
11. PASS WITH RESISTANCE

GET VERTIMAX APP

VERTIMAX

rivojlantiradi. Doimiy mashg'ulotlar yurak-qon tomir tizimini mustahkamlaydi.

## Voleybol



Voleybol tezkorlik, sakrash qobiliyati va koordinatsiyani rivojlantiradi. Ushbu sport turi o'quvchilarning reflekslarini yaxshilaydi.

## Yengil atletika

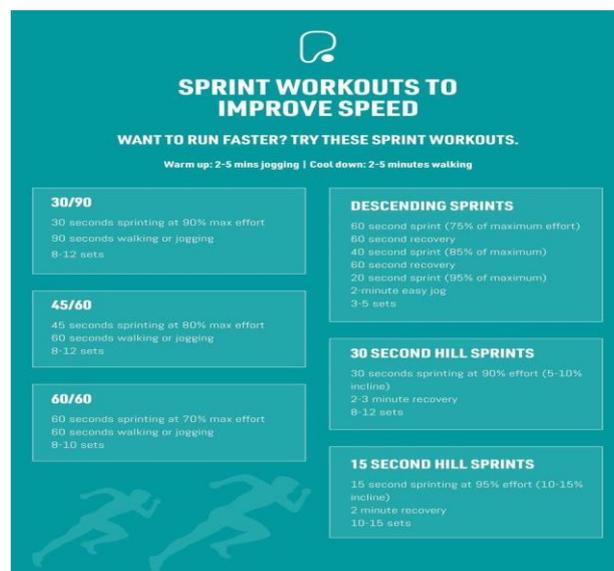


Table 3.2 High-Volume, Low-Quality Sprint Session

Activity	Volume	Rest	Time (sec)
<b>WARM-UP</b>			
Slow jog	800 m		
Static stretch	10 min.		
Dynamic stretch	10 min.		
Hurdle walk-over	2 × 10 m	1 min.	
A skip	3 × 20 m	1 min.	
Medicine ball squat-push	3 × 10	30 sec.	
Sprint bounding	3 × 30 m	2 min.	
<b>ACCELERATION</b>			
Sprint from a 3-point start	20 m	2 min.	3.07
Sprint from a 3-point start	20 m	2 min.	3.08
Sprint from a 3-point start	20 m	2 min.	3.10
<b>3-minute rest</b>			
<b>STARTS</b>			
Blocks	30 m	3 min.	4.48
Blocks	50 m	3 min.	4.47
Blocks	30 m	3 min.	4.50
<b>5-minute rest</b>			
<b>FLYING EFFORTS</b>			
30-meter build up	20 m	4 min.	2.27
30-meter build up	30 m	4 min.	3.42
30-meter build up	40 m		4.68

Yengil atletika mashqlari umumiy jismoniy tayyorgarlikni oshiradi, nafas olish tizimini rivojlantiradi va organizmni chiniqtiradi.

### 3. Sog'lom turmush tarzini shakllantirish

Jismoniy qobiliyatni oshirish faqat dars jarayoni bilan cheklanmaydi. Quyidagilar ham muhim ahamiyatga ega:

- To'g'ri ovqatlanish

- Kun tartibiga rioya qilish
- Yetarli uyqu
- Zararli odatlardan voz kechish

O'qituvchilar va ota-onalar hamkorligida o'quvchilarda sog'lom turmush madaniyatini shakllantirish yuqori natija beradi.

#### **4. Innovatsion yondashuvlar**

Zamonaviy texnologiyalar yordamida jismoniy tayyorgarlikni monitoring qilish, mobil ilovalar orqali mashqlarni nazorat qilish va individual dasturlar tuzish mumkin. Bu esa o'quvchilarning qiziqishini oshiradi va mustaqil shug'ullanish ko'nikmasini rivojlantiradi.

#### **Xulosa**

Akademik litseyda o'quvchilarning jismoniy qobiliyatini oshirish — ularning sog'lom va barkamol shaxs bo'lib shakllanishida muhim omildir. Jismoniy tarbiya mashg'ulotlarini ilmiy asosda tashkil etish, individual yondashuvni qo'llash va sog'lom turmush tarzini targ'ib qilish orqali yuqori natijalarga erishish mumkin.

Kelajak avlodning jismonan sog'lom bo'lishi jamiyat taraqqiyotining muhim shartlaridan biridir.

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